Epipactis helleborine

Habitus and growth type

Plant height [m]: **0.53**
Life span: **Perennial**
Life form: **Geophyte**

Leaf

Specific leaf area [mm^2/mg]: **28.81**

Flower

Flowering period: **May-September**

Fruit, seed and dispersal

Seed mass [mg]: **0.01**
Dispersal mode: **Anemochory**
Dispersal distance class: **3**

Trophic mode

Parasitism and mycoheterotrophy: **initial or partial mycoheterotroph**
Carnivory: **non-carnivorous**
Symbiotic nitrogen fixation: **no nitrogen-fixing symbionts**

Taxon origin

Origin in Europe: **Native**

Ecology

Environmental relationships

Substrate humidity relationship: **Mesic**
Substrate reaction relationship: **Alkaline**
Nutrient relationship: **Mesotrophic**
Salinity relationship: **Non-saline**

Ellenberg-type indicator values

Salinity indicator value: **0**

Disturbance indicator values

Disturbance frequency: **0.04**
Disturbance frequency (herb layer): **1.31**
Disturbance severity: **0.69**
Disturbance severity (herb layer): **0.13**
Mowing frequency: **0.01**
Grazing pressure: **0.2**

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Soil disturbance: **0.11**

Habitat and sociology

Broad habitat

Occurrence in broad habitats: **Grassland (non-alpine, non-saline), Scrub, Forest**

Distribution

Continentality amplitude: **6**

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